E–Cookbooks Recipe Sampler

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Apple Pie

Crust:
1/3 cup rolled oats
6 graham crackers
2 tablespoons chopped walnuts
1 egg white
Buttered flavored vegetable cooking spray

Filling:
2 cups apple cider
1/2 cup sugar
2 tablespoons fresh lemon juice
2 teaspoons vanilla extract
1 1/4 teaspoon pumpkin pie spice
5–6 large Granny Smith apples, about 2 1/2 pounds
3 tablespoons cornstarch

Topping:
1/3 cup brown sugar
1/3 cup rolled oats
2 tablespoons chopped walnuts
1/2 teaspoon ground cinnamon
2 tablespoons butter, melted

Set oven temperature to 350 degrees.

In a food processor, process the oats, graham crackers and walnuts until finely ground. Add the egg white and process until blended. The mixture should look crumbly not gooey.

Coat a 9–inch pie pan with cooking spray. Press the crumb mixture evenly into the pie pan to make the crust. Lightly coat with cooking spray. Bake at 350 degrees for 10 minutes. Remove from oven and set aside until ready to use.

Bring the cider to a boil in a large heavy saucepan over high heat. Cook until reduced to 1/2 cup, about 15 minutes. Pour the mixture into a large mixing bowl. Add the sugar, lemon juice, vanilla, and pumpkin pie spice to the bowl. Peel the apples, cut into quarters, remove the core and cut into thin slices. Stir the apples into the cider mixture. Sprinkle the cornstarch over the apples and stir to combine. Arrange the apples in the crust.

In a small bowl, mix the brown sugar, oats, walnuts and cinnamon together. Pour the melted butter into the bowl stirring to combine.

Sprinkle the topping over the apples, pat down with your hands and bake at 350F for 1 hour to 1 hour and 15 minutes. The center should be soft when pierced with a sharp knife.

Baked Chicken Breast with Fresh Basil

10 boneless skinless chicken breast (about 2 1/2 lbs.)
3/4 cup low–fat yogurt
1/2 chopped fresh basil
2 teaspoons cornstarch
1 cup bread crumbs
2 tablespoons grated Parmesan cheese

Arrange chicken in single layer in baking dish. Combine yogurt, basil and cornstarch; mix well and spread over chicken.
Combine bread crumbs with Parmesan and sprinkle over chicken. (If making in advance, cover and refrigerate for up to 6 hours.)
Bake chicken in 375 degrees oven for 30 minutes or until chicken is no longer pink inside.

Baked Macaroni, Cheese & Spinach

1 pound elbow macaroni
15 oz. low fat ricotta cheese
1 3/4 cups skim milk
1/2 cup egg substitute
2 teaspoons brown mustard
1 –2 teaspoons Tabasco sauce
1/2 teaspoon salt
1/4 teaspoon ground pepper
2 cups shredded low fat cheddar cheese
2 cups torn fresh spinach leaves
1/4 cup grated Parmesan cheese
1/4 cup fine bread crumbs
1 teaspoon paprika

Preheat oven to 375F. Spray a 9 X 13 or 3 quart baking dish with nonstick spray oil. Cook macaroni according to package directions. Meanwhile, in a food processor or blender, mix ricotta cheese, milk, egg substitute, mustard, Tabasco sauce, salt and pepper. Process until smooth. Drain macaroni, return to pot and add shredded cheddar and spinach. Stir until cheese melts and spinach wilts. Stir in ricotta mixture and scrape into prepared baking dish. In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese. Bake at 375F for 25 minutes. Serve hot.

Baked Potato with Spicy Chicken Topping

4 baking potatoes
2 tablespoons olive oil
1/2 cup slivered almonds
1 cup chopped onions
1/4 teaspoon garlic powder
1 lb. boned chicken breast, cut in strips
2 tablespoons flour
1 1/4 cup chicken broth
3 tablespoons lemon juice
1 teaspoon cinnamon
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon Tabasco
1/2 cup raisins

Scrub potatoes, dry and prick with fork. Cook. In a large skillet, heat oil and saute almonds until golden brown. Add onion and garlic. Saute until tender. Add chicken and cook, stirring, until chicken turns white. Sprinkle with flour and mix well. Combine broth, lemon juice, cinnamon, paprika, salt, and Tabasco. Gradually add to chicken mixture, stirring constantly, until mixture boils and thickens. Stir in raisins. Simmer 3 minutes. Spoon over blossomed potatoes.

Beef Tenderloin with Cabernet Cherry Sauce

4 small filet mignon steaks (about 1/4 pound each)
1/2 teaspoon salt
2 garlic cloves, pressed
1/2 teaspoon cracked pepper or freshly ground pepper

Cabernet Cherry Sauce:
1 1/2 cups Cabernet Sauvignon or Burgundy
3 tablespoons balsamic vinegar
4 whole cloves
8 whole pepper corns
1 bay leaf, torn into small pieces
1/2 pound fresh Bing cherries, rinsed
Salt and pepper for seasoning
Optional: 1–2 teaspoon sugar

Set oven controls to broil. Line a broiling pan with aluminum foil and place in the oven on the top rack to preheat. Trim the steaks of visible fat. Rub the garlic evenly over the steaks and season with salt and cracked pepper. Set aside until ready to broil.

Add the Cabernet and balsamic vinegar to a saucepan and bring to a boil. Tie the cloves, peppercorns, and bay leaf in a bundle with a small piece of cheese cloth. Add the bundle to the wine mixture. Allow the mixture to reduce to 1/2 cup, about 15 minutes.

While the wine is reducing, pit the cherries. Cut the cherries into quarters and add to the wine mixture. Cover and cook over medium–high heat until the cherries are tender, about 10 minutes. Season the sauce with salt and pepper. Add the sugar to balance the flavors, if needed. The sauce should have a deep robust flavor but not be too sweet.

While the sauce is cooking, broil the steaks for 3–4 minutes per side for medium rare. To serve, remove the spice bundle from the sauce. Place the steaks on individual plates with the sauce spooned over the top.

Black Bean Lasagna

1 – 28 ounce jar tomato pasta sauce
1/2 cup water
2 cans (15 ounce) black beans, rinsed and drained
1 3/4 cups lowfat ricotta cheese
1 egg
12 uncooked lasagna noodles
2 1/2 cups shredded skim mozzarella cheese

Preheat oven to 375F. Over low heat, simmer tomato sauce, water, and black beans. Meanwhile, in a small bowl, combine ricotta cheese and egg. Set aside. Using a 9 X 13 inch baking dish, place 1 cup of the bean/sauce mixture on the bottom of the dish. Place 3 pieces of uncooked lasagna noodles on top of the sauce. Next, spread about 2/3 cup of the ricotta mixture over the noodles. Top with 1 cup of the bean/sauce mixture, lastly about 1/2 cup of the mozzarella.

Repeat two layers of noodles, ricotta, bean/sauce, and mozzarella. Then place on the remaining 3 lasagna noodles and pour the remaining bean/sauce mixture over all. Top with remaining mozzarella. Cover with foil and bake at 375F for 30 minutes. Remove foil and continue to bake another 15 minutes. Remove from oven and let stand for 15 minutes before cutting.

Buffalo Chicken Strips

Blue Cheese Dip:

2/3 cup nonfat plain yogurt
2 tablespoons reduced–fat mayonnaise
2 ounces crumbled blue cheese
3 tablespoons finely chopped scallions
1/4 teaspoon coarsely ground black pepper

Chicken Strips and Celery Sticks:

1 teaspoon vegetable oil
1/2 pound skinless boneless chicken breasts, cut crosswise into 1/4–inch strips
1/4 teaspoon salt
2 teaspoons butter
1 tablespoon Frank's original hot sauce
5 celery stalks, cut into 3–inch sticks

In a small bowl, whisk together the yogurt, mayonnaise and blue cheese. Stir in the scallions and pepper and set aside while preparing the chicken. Cover and refrigerate.

Heat the oil in a large, preferably nonstick skillet. Season the chicken with the salt. Cook the chicken over medium–high heat, stirring frequently, until lightly browned and cooked through, 3 to 4 minutes. Remove the skillet from the heat. Add the butter and hot sauce to the pan and swirl until the butter barely melts and the sauce coats the chicken.

Serve the chicken and celery sticks along with the blue cheese dip. Provide toothpicks for spearing the chicken and dipping it in the sauce.

Bulgar Wheat and Fruit Stuffing

1 1/4 cup bulgar wheat
1/2 cup apple juice
1/4 cup dried apples
10 dried apricots
1/4 cup raisins
1 8–ounce package seasoned bread stuffing
1/4 cup toasted pine nuts or pecans
1/2 to 3/4 cups fat–free and low sodium chicken broth
Salt and pepper for seasoning

Bring 2 quarts of salted water to a boil. Add the bulgar wheat, bring back to a boil. Lower heat just enough so that the pot doesn't spill over and cook for 15 minutes.

While the bulgar is cooking, pour the apple juice into a micro–safe measuring cup. Chop the apples and apricots. Add the apples, apricots and raisins to the apple juice stirring to combine. Microwave at full power for 1 minute and set aside.

Drain the bulgar wheat and return to the pot. Stir in the bread stuffing, apples, apricots, raisins and pine nuts. Stir in just enough chicken broth to moisten the bread. Season to taste with salt and pepper. Heat in the microwave for 3–4 minutes. The stuffing can be made 2 days ahead and stored in the refrigerator.

Cajun Style Pasta

12 ounces linguine
1 teaspoon butter or olive oil
2 garlic cloves, minced
8–12 medium size shrimp, peeled and deveined
1/2 pound chicken breast meat, diced
2 1/2 tablespoons all–purpose flour
2 cups of 1% milk
2 tablespoons sherry
1/4 cup grated Parmesan cheese
1/4 teaspoon cayenne
4 plum tomatoes, seeded and chopped
1/2 cup frozen peas
Salt and black pepper to taste

Prepare the linguine according to package directions. Drain and keep warm until ready to serve.

Melt the butter in the center of a large non–stick skillet over medium–high heat. Add the garlic and cook for 1 minute. Add the shrimp and chicken. Pan–fry until the chicken is cooked through, 3–4 minutes. Whisk the flour, milk, sherry, and Parmesan cheese together. Pour into the skillet and bring to a boil while stirring.

Reduce heat to medium and continue to cook for about 5 minutes until the mixture has thickened, stirring occasionally. Add the cayenne and fold in the tomatoes and peas. Cook until heated through. Season to taste with salt and pepper. Arrange the linguine on individual plates and spoon the sauce over the top. Garnish with chopped fresh parsley.

Chicken Cordon Bleu

4 Boneless, skinless chicken breasts
1/2 cup diced low fat boiled ham
1/2 cup shredded low fat Swiss cheese
1/8 teaspoon minced garlic
2 tablespoons white wine
salt/pepper to taste
8 oz. plain low fat yogurt
1 tablespoon milk
1 cup crushed seasoned bread crumbs

Combine ham, Swiss cheese, garlic, wine, salt and pepper in a bowl to make a filling.

Preheat oven to 350F. Rinse chicken with cold water and pat dry with paper towels. Cut a slit in the side of each breast to form a pocket. Stuff each pocket with 1/4 of filling. Press to close or secure with wooden picks.

In a flat dish, combine yogurt and milk. Dip each breast in yogurt mixture; turn to coat well. Roll in bread crumbs and place in well–greased baking pan.

Bake at 350 for 45 minutes or until done.

Serve with pasta and zucchini.

Chile–Cheese Chowder

2 bacon slices
1 cup chopped carrot
1 cup chopped, seeded, poblano chiles
1 cup chopped onion
2 tablespoons minced, seeded jalapeno peppers
1/2 teaspoon ground cumin
3 cloves garlic, minced
2 (16 oz.) cans fat–free chicken broth
5 cups diced, peeled, baking potato
1/2 teaspoon salt
1/3 cup flour
2 1/2 cups 1% milk
3/4 cup shredded Monterey Jack cheese
1/2 cup shredded reduced–fat sharp cheddar cheese
2/3 cup sliced green onions

In a dutch oven, cook bacon until crisp. Reserve 1 tablespoon drippings in pan, remove bacon and set it aside. To the pan add carrots, chiles, onion, jalapeno, cumin, and garlic. Saute until browned. Stir in broth and scrape bottom of pan to release browned bits. Add potatoes and salt, cover, and simmer for 25 minutes.

Whisk together flour and milk, add to potato mixture while stirring and cook over medium heat until thickened stirring often (about 10 minutes). Remove from heat, stir in cheeses until melted. Serve in bowls topped with crumbled bacon and sliced green onions.

Chili Dip

1 15–ounce Hormel Turkey With Beans, 99% Fat–Free Chili
1 8 oz. package fat–free cream cheese
1 cup reduced fat shredded sharp cheddar cheese

Allow the cream cheese to soften completely to room temperature. Spread the cream cheese on the bottom of a shallow casserole type dish. Next, evenly spread the chili over the cream cheese. Lastly, sprinkle the shredded cheese over the chili. Bake at 350F for 20 to 25 minutes or until heated through.
Serve hot with baked tortilla chips.

Chipotle Turkey Chili

Olive oil cooking spray
1 medium onion, diced
4 garlic cloves, minced
1–2 tablespoons chili powder
2 15–ounce cans tomato sauce
2–3 cups turkey, diced
2 15–ounce cans red kidney beans
1–2 chipotle chilies, finely diced
Salt and pepper for seasoning
Garnish: Grated cheddar cheese and sliced green onions

Lightly oil a large saucepan with cooking spray. Heat for a few minutes over medium–high heat. Add the onions, garlic and chili powder. Cook while stirring for about 5 minutes. Add the tomato sauce and bring to a boil. Add the turkey, kidney beans, and chipotle chilies. Heat through and season to taste with salt and pepper. Serve garnished with grated cheddar cheese and green onions.

Chocolate Candy Cheesecake

1 cup graham cracker crumbs
1 egg white, slightly beaten
1 tablespoon light butter or margarine
1 – 8 oz. bar light cream cheese, softened
1 – 8 oz. bar fat–free cream cheese, softened
1/2 cup sugar
3 egg whites
1/3 cup unsweetened cocoa powder
1/2 cup plain nonfat yogurt
1 teaspoon vanilla extract
2 light Milky Way bars, cut up
1/4 cup fat–free caramel ice cream topping

Preheat oven to 350F. Spray a 9 inch pie pan with nonstick spray oil. In a small bowl, mix graham cracker crumbs, 1 egg white, and melted margarine until well moistened. Press crust evenly into prepared pie pan, set aside.

In a large mixing bowl, combine both bars of cream cheese and sugar. Beat with a mixer until fluffy. Beat in egg whites, cocoa, yogurt, and vanilla until smooth. Fold in candy bar pieces and pour into prepared pie pan. Bake at 350F for 60 to 65 minutes or until center is set. Let stand at room temperature about 15 minutes. Top with caramel topping and refrigerate until served.

Chocolate Cherry Layer Cake

3/4 cup unsweetened cocoa powder
1/4 cup sugar
1/2 cup boiling water
1 package (16 oz.) angel food cake mix
1 1/4 cups water
1 can (20 oz.) lite cherry pie filling
Prepared chocolate frosting (reduced–fat if possible)
Chocolate shavings

Preheat oven to 350F. Line a jelly roll pan with wax paper (pan should be appproximately 10 by 15 by 1 or 11 by 17 by 1). Whisk together cocoa, sugar and boiling water. Cool mixture to lukewarm. Prepare angel food cake mix per package directions, using 1 1/4 cup water and adding cocoa mixture. Spread batter evenly into prepared jelly–roll pan. Bake 20 minutes or until top looks dry. Invert onto a large wire rack. Remove the pan and wax paper; cool. Slice cake into three equal parts. Start with cake, top with cherry pie filling, then top that with more cake and more pie filling and end with cke layer. Frost and decorate with chocolate shavings.

Chutney Chicken Salad

2 cups diced cooked chicken
1/4 cup mango chutney
1 small golden delicious or gala apple, cored and finely diced
1/4 cup finely diced celery
1/4 cup finely diced red onion
1/4 – 1/3 cup low–fat mayonnaise
Salt and pepper for seasoning

Mix all ingredients together. Season to taste with salt and pepper. Use as a sandwich filling or serve on top of a bed of greens.

Cocoa Angel Food Cake

1 1/2 cups egg whites (about 12 egg whites)
3/4 cup sifted whole–wheat pastry flour or sifted unbleached flour
1/4 cup unsweetened cocoa powder
1 teaspoon cream of tartar
1 teaspoon vanilla
1/2 cup honey
Fresh fruit (such as strawberries, raspberries, blueberries or peaches)

Place the egg whites in a 5– or 6–quart bowl. Let stand at room temperature for 30 minutes.

Meanwhile, sift the flour and cocoa powder together 4 times; set aside. Using an electric mixer, beat the egg whites on high speed until foamy. Add the cream of tartar and vanilla. Then beat on medium speed until the egg whites form soft peaks. Add the honey, 1 tablespoon at a time, and continue beating on medium speed until the egg whites form stiff peaks but are not dry.

Sift 1/4 of the flour mixture over the egg whites and fold in using a wire whisk or large spatula. Repeat sifting and folding in the flour 3 more times.

Spoon the batter into an ungreased 10" tube pan with a removable bottom. Use a thin knife to cut through the batter to remove any large air pockets. Bake at 350F for 30 to 35 minutes or until the cake springs back when lightly touched. Invert the pan onto a wire rack and let cool for at least 1 1/2 hours. Then remove the cake from the pan. Slice and serve with the fresh fruit.

Colorful Chicken Stew

1 lb. boneless skinless chicken breasts, cubed
1 (14 1/2 oz.) can Italian diced tomatoes, undrained
2 medium potatoes, peeled and cut into 1/2–inch cubes
5 medium carrots, chopped
3 celery ribs, chopped
1 large onion, chopped
1 medium green bell pepper, chopped
2 (4 oz.) cans mushroom stems and pieces, drained
2 low–sodium chicken bouillon cubes
Artificial Sweetener equal to 2 tsp. sugar
1 tsp. chili powder
1/4 teaspoon pepper
1 tablespoon cornstarch
2 cup cold water

In a 5–quart crockpot, combine the first 12 ingredients.
In a small bowl, combine cornstarch and water until smooth. Stir into chicken mixture. Cover and cook on LOW for 8 to 10 hours or until vegetables are tender.

Nutritional Analysis: One 1–cup serving equals: 123 calories, 209 mg sodium, 25 mg cholesterol, 16 gm carbohydrate, 11 gm protein, 1 gm fat, 3 gm fiber.

Diabetic Exchanges: 2 vegetables, 1 very lean meat, 1/2 starch.

Corn Noodles

1 –12 ounce package yolk–free egg noodles
2 teaspoons olive oil
2 medium onions, chopped
3 cups diced fresh tomatoes
1/4 cup vegetable stock or water
1/4 cup chopped parsley
3 cups fresh corn kernels
Salt and Pepper to taste

Cook the noodles in a large pot according to package directions. In a large skillet over medium heat, saute onions in olive oil until slightly brown, about 12 minutes. Add nonstick spray oil during sauteing if necessary. Add tomatoes and stock or water; cover and simmer 3 to 4 minutes. Stir in parsley, corn, and cooked noodles; simmer until heated through, about 3 to 4 minutes more. Season with salt and pepper.

Crab Imperial

1 lb. Crab meat, cooked (imitation can be used)
1/2 cup pimento, chopped
1/2 cup celery, chopped fine
2 slices bread, low cal, crustless
2 egg whites, beaten
1 cup low fat yogurt
dash of Worchestershire sauce
1/8 teaspoon cayenne pepper
1 teaspoon dry mustard
1/4 teaspoon salt
Juice of 1/2 lemon
Paprika

Combine the crab meat, pimento, and celery in a mixing bowl. Crumble the slices of bread and add to the mixture. Gently add the egg white, yogurt, Worchestershire sauce, cayenne, mustard, salt, and lemon juice. Place in a sprayed casserole dish. Top with a sprinkle of paprika. Bake at 400F for 15 to 20 minutes, until lightly browned.

Crockpot Tostada

3/4 pound ground turkey
1 eggplant, cubed
1 cup fresh or canned salsa
1 (6–oz) can tomato paste
1/4 cup chopped fresh parsley
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1 (10–oz) pkg. frozen corn, thawed
1/2 cup plain lowfat yogurt
2 cups shredded lettuce
1/2 cup sliced ripe olives
1/2 cup low fat shredded cheese
4 pita rounds, halved, toasted

Combine turkey, eggplant, salsa, tomato paste, parsley, chili powder, cumin, oregano and corn in slow–cooker. Cover and cook on low 5 to 6 hours. Stir with a fork to break up large chunks of turkey. Spoon about 3/4 cup cooked turkey mixture on each pita half. Top with yogurt, lettuce, olives and cheese.

Spicy Cucumber–Avocado Soup

1/2 firm–ripe California avocado
1 1/2 pounds cucumbers, cut into 1/2–inch pieces
1 (8–oz) container plain low–fat yogurt (1 cup)
3 tablespoons chopped fresh chives
1 teaspoon fresh lime juice
1 teaspoon salt, or to taste
1/2 teaspoon chopped fresh jalapeno chile with seeds
1 cup small ice cubes
Garnish: diced avocado and chopped chives

Peel and pit avocado. Blend all ingredients in a blender until very smooth, about 1 minute.

Curried Cauliflower

1 whole medium onion, chopped
3 garlic cloves, minced
1/2–1 serrano chile, seeds removed and finely chopped
2 teaspoons curry powder
1 pound ripe roma tomatoes, seeded and chopped
or 1 can (14 1/2–ounces) chopped tomatoes in juice
1 medium cauliflower, rinsed and cut into even size florets
salt and freshly ground black pepper for seasoning
1/2 cup chopped cilantro

Grease the bottom of large saucepan with non–stick spray. Heat the pan over moderately–high heat for a few minutes. Add the onions and cook for 3–4 minutes stirring frequently. Add the garlic, serrano chile, and curry powder. Cook for a minute longer. Add the tomatoes and cauliflower. Stir to combine and blend the seasonings. Cover, reduce heat, and simmer for 15–20 minutes until the cauliflower is very tender. Season with salt and pepper to taste. Garnish with chopped cilantro.

Dijon Mushroom Potatoes

1 medium onion
1 sweet green bell pepper
1 small carrot
1/2 lb. mushrooms
1/2 cup stock or boullion
1 tbsp. dark soy sauce
1 tbsp. Dijon mustard
1 tbsp. cornstarch
freshly–ground black pepper

Chop the onion, deseed and chop the green pepper, peel and grate the carrot and slice the mushrooms, halving them across the other way first if they are large.

Saute the vegetables in the water or stock, in a large frying pan, until most of the liquid is gone and the vegetables are soft.

Mix the remaining ingredients together in a bowl, adding a bit of water if you wish (makes a thinner sauce) and add to the vegetables in the pan. Mix well and cook, stirring, over low heat for about a minute until thickened.

Pour over hot, split baked potatoes (enough for about four potatoes) with a crisp green salad on the side.

Egg McMuffin

1 English muffin, split
Butter–flavored cooking spray
1 ounce Canadian–style bacon
2 egg whites
2 tablespoons fat–free half and half or skim milk
Salt and pepper to taste
1 slice fat–free cheese
Yellow food coloring (optional)

1. Spray both halves of English muffins with butter spray. Toast muffin until it is lightly browned. While muffin toasts, spray a non–stick skillet with butter flavored cooking spray. Saute Canadian–style bacon for about 1 minute. Remove from pan and place on half of the toasted English muffin
2. In a small bowl, combine egg whites, half and half, 5–6 sprays of fat–free butter spray and salt and pepper to taste. (If you like the look of whole eggs, add a drop of yellow food coloring to egg mixture.) Stir well and pour into a non–stick skillet coated with cooking spray. (For best results, use an egg ring that has been sprayed with cooking spray. The egg ring will shape the egg to fit the muffin.)
3. Cook egg until well done and place over Canadian–style bacon. While egg is piping hot, place slice of cheese over egg and top with remaining muffin half.

Finger Lakes Chicken

2/3 cup fat–free mayonnaise
1 tablespoon salt
1/4 teaspoon ground black pepper
1 1/2 teaspoons poultry seasoning
1 cup distilled white vinegar
4 boneless chicken breasts

In a shallow glass bowl combine the mayonnaise, salt, pepper, poultry seasoning and vinegar. Mix together. Reserve 1/4 of the sauce for basting. Pierce chicken pieces with a fork and add to remaining sauce, tossing to coat. Cover and refrigerate for 2 to 4 hours to marinate.

Lightly oil grill and preheat to medium high. Remove chicken pieces from sauce/marinade and grill for 6 to 8 minutes on each side or until chicken is no longer pink and juices run clear. Baste with reserved sauce while grilling.

Gardenburger

2 Tbs. bulgur wheat
1 pound mushrooms, halved or quartered
1 cup diced onion
1/2 cup rolled oats
2/3 cup cooked brown rice
1/2 cup shredded low–fat mozzarella cheese
2 Tbs. shredded low–fat cheddar cheese
2 Tbs. low–fat cottage cheese
1/2 tsp. salt
1/2 tsp. garlic powder
dash of pepper
2 Tbs. cornstarch
olive oil cooking spray
1/4 cup boiling water
1/2 cup water

Add the boiling water to the bulgur wheat in a small bowl and let sit for about an hour. The wheat will swell to about double in size. Steam the quartered mushrooms for about ten minutes or until tender. Remove and steam onions for about ten minutes or until they become translucent. Keep these two ingredients separated and set them aside. Add 1/2 cup water to the oats and let them soak for about ten minutes. Drain any excess water from the bulgur wheat and oats, then combine the grains with the mushrooms, rice, cheeses and spices in a food processor and pulse four or five times until ingredients are chopped fine but not pureed. Pour the mixture in a bowl and add the steamed onion and cornstarch, blending well.

Preheat oven to 300 degrees. Spray a large skillet with olive oil cooking spray and place it over medium–low heat. Measure a 1/2 cup of the patty mixture at a time into the pan and shape with a spoon into a 3" round patty that is about 1/2" thick. Cook for two to four minutes per side or until light brown on the surface. When all of the patties have been browned, arrange them on a lightly sprayed baking sheet and bake them for 20 to 25 minutes in the oven. Be sure to turn them over halfway through the cooking time. Patties may be frozen once they have cooled.

Garlic and Sage Biscuits

2 1/4 cups all purpose flour
1/4 cup whole–wheat flour
1 teaspoon sugar
1 teaspoon dried sage
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 clove garlic chopped finely
3 tablespoons regular margarine or butter
3/4 cup & 2 tablespoons of fat–free buttermilk

Coat a baking sheet with non–stick spray and set aside.
In a large bowl stir together the all–purpose flour, whole–wheat flour, sugar, sage, baking powder, baking soda, salt and garlic. Add the margarine or butter. Using a pastry blender cut the margarine or butter into the flour mixture until coarse crumbs form. Add the buttermilk and stir to form a soft dough.
Place the dough on a floured surface and gently knead to form a ball. Roll out the dough until it is about 3/4 inch thick. Cut into 12 round circles and place on the prepared baking sheet.
Bake at 400 degrees for 18 to 20 minutes or until the biscuits are golden brown.

German Potato Salad

1 Pkg. frozen vegetarian bacon, thawed and chopped
1 tablespoon flour
1/4 cup of sugar
1/3 cup of white vinegar
2/3 cup of hot water
2 pounds of white potatoes, boiled for 25 minutes, covered until just tender
8 to 10 green onions, finely chopped (1 cup)
1/2 teaspoon of salt
1/8 teaspoon ground black pepper

In a non–stick skillet cook bacon over low heat, stirring constantly for about 8 minutes or until crispy.

Add flour and stir for about one minute. Combine sugar, vinegar, hot water and add to bacon mixture. Cook, stirring constantly, until sauce thickens.

Drain potatoes well, cool, peel and slice. Add to the sauce along with the onion, salt and pepper. Serve warm or chilled.

Glazed Roast Pork Tenderloin

1/4 cup Dijon mustard
2 tablespoons orange juice
2 tablespoons honey
1 teaspoon grated orange rind
1/4 teaspoon ground cinnamon
1/8 teaspoon ground allspice
2 lbs pork tenderloin, trimmed of all visible fat

Preheat the oven to 325 degrees F.
In a small bowl, whisk together the mustard, orange juice, honey, orange rind, cinnamon and allspice. Set aside.
Place the pork on a rack in a shallow roasting pan. Insert a meat thermometer into the center of the pork. Roast for 30 minutes, or until the thermometer registers 160F. During the last 10 minutes of roasting, brush the pork occasionally with the mustard mixture.
Remove from the oven and let stand for 5 minutes before slicing and serving.

Greek Burgers

2 garlic cloves, minced
3 tablespoons fresh mint, chopped
1–1/2 cups non/lowfat yogurt
1–1/2 pounds ground turkey, lean
2–1/4 teaspoons feta cheese, crumbled
6 pita bread loaves, cut in half
1–1/2 tomatoes, sliced
1–1/2 red onions, sliced
fresh ground black pepper, to taste

Combine garlic and mint in a small bowl and mash. Add yogurt, mix, and set aside. Combine turkey and feta cheese in a mixing bowl. Form into 8 patties and sprinkle with pepper. Broil 5–10 minutes per side or until turkey is cooked through.
Serve in pita bread with tomatoes, onions and yogurt sauce.

Greek Chicken

2 teaspoons olive oil
4 chicken breast halves on the bone, skin removed
1/2 medium onion, minced
2 cloves garlic, minced
1 – 14 1/2 ounce can cut–up tomatoes
1/2 teaspoon cinnamon
1/4 teaspoon cayenne pepper
Salt and black pepper to taste
1/2 cup Greek olives, cut in half and pitted
1 tablespoon lemon juice
1/4 cup minced parsley

In a large nonstick skillet, heat olive oil over medium heat. Brown chicken on both sides. Add onion and garlic; cook 2 minutes. Add tomatoes with their liquid to the pan with the cinnamon, cayenne, salt, pepper and olives. Simmer, covered, 15 minutes. Turn chicken and continue cooking 10–15 minutes, until chicken tests done. Remove chicken to a warm platter. Bring sauce to boil with lemon and parsley. Boil a few minutes until slightly thickened. Pour over chicken. Serve with rice or noodles.

Layered Pizza Dip

8 ounce container fat–free cream cheese
1/2 cup chunky pizza sauce
1/4 cup chopped green pepper
1/3 cup thinly sliced mushrooms
1/4 cup minced onions
1 cup reduced fat shredded cheddar cheese

Heat oven to 350F. Using a 9" pie pan, layer all ingredients in order listed, starting by spreading cream cheese evenly over bottom of the pie pan. Bake 15 minutes or until dip is hot and cheese is melted. Serve warm with crackers or chips.

Middle Eastern Roast Chicken

2 teaspoons dried orange peel or freshly grated orange zest
1 teaspoon garlic powder
1 teaspoon ground coriander
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/8 teaspoon ground cardamom or cloves
1/8 teaspoon cayenne pepper
1–2 tablespoons canola or saffron oil
1 8–10 pound roasting chicken, capon or small turkey

Orange Scented Gravy
1–2 cups fat free and low sodium chicken broth
1/2 cup orange juice
3 tablespoons flour
1/3 cup Madeira
Salt and pepper for seasoning

Set oven temperature to 325 degrees. Combine the orange peel, garlic powder, coriander, cinnamon, salt, white pepper, cardamom and cayenne pepper together in a small bowl. Set aside a large roasting pan fitted with a rack. Remove the giblets from inside the chicken. Discard or reserve for another use. Rinse the bird inside and out with cold running water. Place on a working surface and pat dry with paper towels. Remove any visible fat with poultry shears. Very carefully loosen the skin from around the breast, thigh, leg and neck areas with a spoon without tearing the skin. Season the inside cavity with about 1/3 of the spice mixture. Rub the remaining mixture under the skin as evenly as possible. Lightly oil the outside with canola oil. Tuck the wings under the bird and tie the legs together loosely. Place in the roasting pan and roast for 15 minutes per pound or until the internal temperature registers 180F degrees. Use an instant read thermometer placed between the thigh and the body without touching bone. Remove the bird from the oven, transfer to a carving board, cover with aluminum foil and let rest for 20 minutes before carving.

Pour the pan juices into a bowl. Let the juices settle. The fat will float to the top. Skim off the fat with a spoon or use a turkey baster to siphon the juices from the bottom of the bowl. Add enough chicken broth to measure 2 1/2 cups and pour into a saucepan. Add the orange juice and bring to a boil. Mix the flour and Madeira together to make

a slurry. Slowly pour into the gravy while whisking. Cook over medium–high heat for 5–10 minutes stirring occasionally. Season to taste with salt and pepper.

Mississippi Mud Cake

6 tablespoons soft, reduced–calorie margarine, melted
1 1/2 cups sugar
1/2 cup cocoa powder, sifted
1/2 cups all–purpose flour
1/2 cup self–rising flour
1/3 cup ground almonds
3 egg whites

1. Preheat oven to 375F.

2. Coat base and sides of a 6–inch square nonstick pan with cooking spray.

3. Combine margarine and sugar in a medium bowl. Stir in cocoa, flours and almonds.

4. Beat egg whites in a small bowl with electric mixer until soft peaks form. Fold into cocoa mixture.

5. Spread into prepared pan. Bake about 40 minutes.

6. Cool in pan. Cut into 8 slices and serve.

Nacho Cheese Soup

1 can (11 oz.) whole kernel corn, drained
1 can (14–15 oz.) diced tomatoes and green chilies, undrained
hot pepper sauce, to taste
2 cups water
1 package (5 1/4 oz.) Au Gratin Potatoes (with cheese packet)
2 cups skim milk
1 cup (about 5 oz.) light Velveeta cheese, cubed

In a large pot, combine the contents of the Au Gratin potatoes package (with cheese packet), corn, tomatoes, and water. Mix well and bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender. Add milk, cheese, and hot sauce. Cook and stir frequently until the cheese is completely melted.

Orange Chicken with Rice

1 tablespoon canola or olive oil
4 boneless, skinless chicken breasts; cut in 1/2 inch strips
Lemon pepper seasoning
1/4 cup low–fat or fat–free ranch salad dressing
1/2 cup orange juice
1/4 cup low–fat mayonnaise
2 tablespoons brown sugar
1 cup instant rice
1 green pepper; julienned
1 can (11 oz.) mandarin oranges; drained

In a large skillet that has a lid, heat oil over medium heat. Add chicken, cook and stir about 5 to 7 minutes. Sprinkle liberally with lemon pepper while cooking. In a medium bowl, combine mayonnaise, ranch dressing, orange juice, and brown sugar. Stir mixture into chicken, mix well. Add rice and green pepper; bring to a boil. Cook 5 minutes. Remove from heat and add mandarin oranges. Cover and let stand 5 minutes.

Oven–Baked Pork Chops

4 – 3 to 4 ounce lean pork chops, well–trimmed
1 cup low–fat buttermilk
1 cup fine bread crumbs
2 teaspoons dried basil
2 teaspoons paprika
1 teaspoon lemon pepper
1/2 teaspoon garlic salt

Allow pork chops to soak in buttermilk (in refrigerator) for at least one hour. In a small bowl combine bread crumbs and remaining spices. Preheat oven to 425F and spray a cookie sheet with non–stick spray oil. Spread mixture onto wax paper and dip each pork chop in crumb mixture. Place chops on prepared cookie sheet and bake for 20 to 25 minutes, or until chops are no longer pink (internal temperature of 160F).

Peppermint Angel Food Cake

For Cake:
1 – 16 oz. package of angel food cake mix
10 striped round peppermint candies, crushed (1/3 cup)

For Sauce:
3/4 cup sugar
1/3 cup unsweetened cocoa
4 teaspoons cornstarch
1/2 cup evaporated skim milk
1 teaspoon vanilla

Prepare cake according to package directions. Gently fold in crushed candy. Pour into un–greased 10 inch tube pan. Bake according to package directions. Cool inverted.

In a saucepan stir sugar, unsweetened cocoa, and cornstarch together. Add evaporated skim milk. Stir. Cook and stir constantly until thick. Then cook 2 minutes more. Remove from heat and add 1 teaspoon vanilla.

Chill remaining sauce and re–warm before serving.

To serve, slice cake and serve with warm sauce over each serving. Cake can be decorated with additional crushed peppermint candy.

Porkettes

1 pound ground fully cooked low–fat ham
1 egg
1/4 cup sweet pickle relish
1 teaspoon prepared mustard
2 cups mashed cooked sweet potatoes
1 teaspoon grated orange peel
1/8 teaspoon pepper
8 turkey bacon strips, halved lengthwise
1 can (20 ounces) pineapple slices, drained and halved horizontally

In a bowl, combine the ham, egg, relish and mustard. Shape into eight patties the same diameter as the pineapple rings. Combine the sweet potatoes, orange peel and pepper. Shape into eight patties the same diameter as pineapple rings. On a 15–in. x 10–in. x 1–in. baking sheet coated with nonstick cooking spray, assemble in the following order: Cross 2 strips of bacon, 1 pineapple slice, 1 ham patty, 1 sweet potato patty and 1 pineapple slice. Fold bacon ends up and over top; secure with a toothpick. Bake at 350F for 50–55 minutes or until bacon is crisp. Remove toothpicks; serve immediately.

Potato Gnocchi with Sage Cream

2 cups whole milk
1 teaspoon dried sage leaves
1 cup chopped onion
2–3 teaspoons margarine
4 cups small broccoflower, or broccoli, florets
1/2 cup water, divided
1 package (16 ounces) potato gnocchi, cooked, warm
2 tablespoons all–purpose flour
1/2 teaspoon ground nutmeg
Salt and pepper to taste
Shredded Parmesan cheese, for garnish

Heat milk and sage leaves to boiling in medium saucepan; reduce heat and simmer 10 minutes.

Saute onion in margarine in large skillet 2 to 3 minutes; add broccoflower and 1/4 cup water and heat to boiling. Reduce heat and simmer, covered, until broccoflower is tender and water gone, 5 to 8 minutes.

While vegetables are cooking, cook gnocchi according to package directions; add to vegetables in skillet.

Heat milk and sage mixture to boiling. Mix flour, nutmeg, and remaining 1/4 cup water; whisk into milk. Boil, whisking constantly, until thickened, about 1 minute. Pour sauce over vegetables and gnocchi in skillet and season to taste with salt and pepper. Spoon into serving bowl; sprinkle with Parmesan cheese.

Sesame Ginger Noodles

Dressing:
1/2 cup creamy peanut butter
3/4 cup chicken broth
1/4 cup soy sauce
2 tablespoons rice wine vinegar
1 tablespoon minced fresh ginger
1 tablespoon sesame oil
1 clove minced garlic

2 cups trimmed watercress
1 cucumber, peeled, halved lengthwise, seeded and thinly sliced
1/2 cup finely diced yellow pepper
1/2 cup finely diced red pepper
1/4 cup thinly sliced radishes
1/4 cup thinly sliced green onions
18 oz. linguini

Dressing: Puree all dressing ingredients in blender until smooth.

Combine veggies in large bowl. Cook pasta according to directions; drain and rinse. Add to bowl with veggies. Toss with dressing.

Shrimp Thermidor

1/4 cup green onions or shallots, sliced
2 Tablespoons diced green pepper
3/4 cup fat–free half–and–half
4 slices Smart Beat fat–free cheese, cut in pieces
1 can (10 oz.) potato soup
2 tablespoons lemon juice
1/4 teaspoon ground pepper
1/2 teaspoon dry tarragon
1/2 teaspoon dry mustard
1 – 1 1/2 cups cooked shrimp (tails removed)

Spray a large, nonstick skillet with spray oil. Saute onion and pepper over medium heat until tender, about 5 minutes. Add soup and half–and–half; heat slowly, stirring frequently. Bring to a gentle boil; add cheese pieces, lemon juice, spices and shrimp. Heat completely through, about 3 to 4 minutes. Serve hot over rice.

Smoked Eggplant and Yogurt

1 medium eggplant, peeled and chopped
1/2 cup lightly salted water
1 1/2 cups plain regular or low–fat yogurt
1 small bunch green onions, diced
1/2 bunch cilantro, diced
1 teaspoon ground black pepper
salt to taste
1/4 teaspoon paprika

1 piece charcoal
1 – 5x5 inch piece aluminum foil
1 tablespoon margarine or shortening

In a pot over medium heat, add the eggplant and water; cook until tender and the water evaporates. Mash the eggplant so no large chunks remain. Allow to cool completely.

In a large bowl, add the yogurt, mashed eggplant, green onions, cilantro, pepper and salt; mix well.

To smoke the salad, heat the charcoal over open flame until gray and reddish in color. Place the piece of foil in the eggplant salad (make room in the center for the foil). Place the hot charcoal on the piece of foil in the bowl. Add the margarine on top of the charcoal and cover salad bowl immediately. Allow to smoke for 10 minutes; remove charcoal.

Chill the salad in the refrigerator and garnish with fresh chopped cilantro and a sprinkle of paprika.

Spaghetti Sauce

1 lb. extra lean ground beef
1 clove garlic, minced or put through garlic press
1 onion, chopped fine
1/2 green pepper, chopped fine
1/2 cup sliced mushrooms
2 cups chopped fresh tomatoes with juice,
or 16 oz. can diced tomatoes
1 6 oz. can tomato paste
1 tsp. sugar
1 bouillon cube
1 tsp. basil
1 tsp. oregano
1/2 tsp. salt

Crumble and brown ground beef. Drain off all fat; wipe out frying pan. Turn beef into colander, and rinse with cold water. Pat dry with paper towel; return to pan.

Add garlic, onion, pepper, mushrooms and cook over medium low heat, stirring as necessary until veggies are soft.

Add tomatoes and tomato paste. Add seasonings and simmer until hot throughout. Adjust seasonings to taste and serve over pasta with low fat Parmesan sprinkled over.

Stuffed Mushrooms

18 large mushrooms
1 tablespoon olive oil
1/4 cup onion, minced
1 clove garlic, minced
1/4 cup walnuts, finely chopped
1 shredded wheat biscuit, crushed
1 tablespoon Parmesan cheese, grated
pepper to taste
1/2 teaspoon paprika
1/8 teaspoon basil
1/8 teaspoon parsley
1/8 teaspoon oregano

Preheat the oven to 350 degrees. Clean mushrooms and wipe dry. Remove stems and chop fine. Heat oil in a skillet over medium high heat and saute chopped mushroom stems, onions, garlic and walnuts until onion is tender. Remove from heat.

Stir in shredded wheat, cheese, basil, parsley, oregano, and pepper. Stuff mushroom caps, packing mixture firmly. Arrange mushrooms in a shallow baking dish and sprinkle tops with paprika.

Bake 20 to 25 minutes or until mushrooms are tender.

Three Cheese Baked Ziti

15 ozs. fat–free cottage cheese
2 whole eggs, slightly beaten
1/4 cup fat–free parmesan cheese
16 ozs. ziti pasta, cooked and drained
1 teaspoon salt
26 ozs. spaghetti sauce (low fat)
1 cup low–fat mozzarella cheese, shredded

Preheat oven to 350. Prepare a 13 x 9" pan with cooking spray; set aside. In a mixing bowl, combine cottage cheese, eggs, and parmesan cheese; set aside. In another mixing bowl, combine cooked pasta, pasta sauce, and salt. Spoon half of the pasta mixture into prepared pan; evenly top with cheese mixture, then remaining pasta mixture. Sprinkle with mozzarella cheese. Bake for 30 minutes, or until heated through.

Two Layer Pumpkin Pie

1 pie crust, baked
2 cups prepared pumpkin
1 cup cold skim milk
2 pkg. Instant Vanilla Pudding mix, sugar free
1 tsp. allspice
1 tsp. cinnamon
1/2 tsp. ground cloves

8 oz. low–fat cream cheese, softened
1 tbs. sugar
1 tbs. milk
8 oz. cool whip, Lite

Bake pie crust until browned and allow to cool. Mix together pumpkin, allspice, cloves, cinnamon, 1 cup milk, and pudding mixes. Mix well. Combine softened cream cheese, sugar, and milk. Stir until smooth and add 1 1/2 cups cool whip. Spread cream cheese mixture in bottom of prepared cooled crust. Spread pumpkin mixture over cream cheese mixture. Top with remaining cool whip. Chill for several hours before serving.

Veal Stew

1 pound Veal – trimmed of all visible fat and cut into 1 inch cubes.
1 cup baby carrots or 2–3 large carrots – cut into 1 inch pieces
6 to 8 small onions – peeled
2 cloves of garlic – peeled
2 large boiling potatoes – peeled and cut into 1 inch cubes
2 to 3 cups de–fatted chicken or beef stock
1 tablespoon Worcestershire Sauce
Pepper and Herbs – to taste (sage, rosemary, thyme)
2 tablespoons cornstarch mixed with 2 tablespoons cold water

Heat a large, non–stick, pot on high. When hot, sear meat on all sides. Add herbs and seasoning and stir. Add stock and bring to the boil (the chicken stock will be more delicate and let the full flavor come through). Add vegetables and return to the boil. Cover and simmer on very low heat for 45 minutes to an hour or until meat is fork tender and vegetables are tender but not mushy. Turn heat to high and bring stew up to the boil, remove from heat and drizzle in corn starch mixture while stirring constantly. Return to heat and continue to stir until the stew has thickened. Serve immediately.

Vegetable Dip

1/2 cup reduced–calorie or light mayonnaise
1 1/2 cups plain non–fat or low–fat yogurt
4 scallions, chopped
1/4 cup fresh lime juice
2 cloves garlic, minced
One 10–ounce package frozen chopped spinach, thawed, drained, and squeezed dry
Raw vegetables for serving

In a bowl, combine all of the ingredients except the raw vegetables.

Cover and refrigerate for 30 minutes to allow the flavors to blend. Serve with cut raw vegetables.

Vietnamese Sandwiches

1 clove garlic, crushed
1/2 teaspoon salt
1/4 cup rice wine vinegar
1 teaspoon sugar
1/2 cup carrot, peeled and grated
1/3 cup thinly sliced white onion
1 to 2 tablespoons jalapeno chile, finely chopped
1 – 16" long baguette
4 teaspoons low–fat mayonnaise
3/4 pound cooked chicken breast or pork tenderloin, sliced
1 tablespoon fresh lime juice
1/2 teaspoon five–spice powder
1/2 cup fresh cilantro

With chef's knife, mash garlic and salt into a paste. Transfer to a mixing bowl and add vinegar and sugar, stirring to dissolve. Add carrots, onions and chilies. Toss to coat. Set aside. Slice baguette into 4 equal lengths. Split each piece horizontally. Spread cut sides with mayonnaise. Arrange the meat on the 4 bottom halves. sprinkle with lime juice and 5–spice powder. Top with the carrot salad and a shower of cilantro leaves. Cover with bread tops and serve.

Zucchini Stuffed Chicken

2 tablespoons margarine
2 medium zucchini, shredded
3 slices of bread
1 egg white
1 teaspoon butter oil
1/2 cup shredded low fat Swiss cheese
4 skinless, boneless chicken breasts
1/4 teaspoon garlic salt
dash of pepper
dash of paprika

Melt margarine in a skillet and saute zucchini several minutes over medium–high heat. Tear the bread into pieces and add to zucchini, along with egg white, butter oil, and cheese. Stir well and remove from heat. Season chicken breasts with spices. Put chicken breasts in casserole sprayed with cooking spray. Spread stuffing over all four. Cover casserole and bake at 400F for approximately 1 hour or until chicken is tender. Or microwave for approximately 20 minutes at 60%, turning after 10 minutes.